



Ways for Parents to Support Expanded Occupational Options

1. Sex-role stereotypes are powerful. Encourage your children to question them.
2. Encourage boys and girls to participate in a variety of school activities, including volunteer opportunities that offer totally new experiences.
3. Suggest activities at home that are usually reserved for the other gender, like encouraging girls to build a fence or fix a leaky pipe, or encouraging boys to prepare a meal.
4. Praise your daughter for her skills and ideas rather than for her appearance and neatness. Let girls know it's acceptable to get sweaty and dirty in pursuit of a goal.
5. Resist "rescuing" girls or providing ready answers. This kind of "help" undermines girls' confidence in their abilities.
6. Build your daughter's technological mastery and competence by finding a way for her to use a computer regularly. Send your daughter to computer camp, especially after the fourth grade.
7. Support your daughter's interests and participation in sports, clubs, field trips, and other activities that allow her to find new interests, take on new responsibilities, learn leadership, and be part of a team effort.
8. Challenge messages that tie "manhood" to money.
9. Model behavior that shows women can pay the bill, change a tire, or get dirty.
10. Model behavior and acceptance of men who are not athletically talented or good at fixing a car.